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Ready for its closeup: The most awesome not-quite-planet
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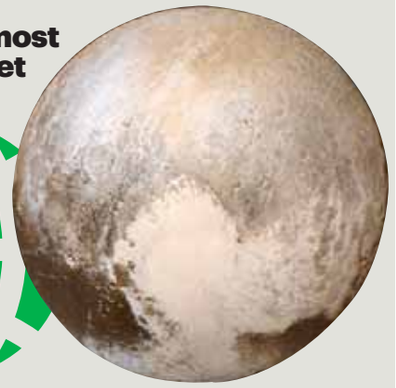

USMAN KHANUSMAN KHAN/AFP/GETTY IMAGES

ON GOLDEN POND

Laurence Vincent-Lapointe wins gold in the Women's C1 Canoeing Flat 200m at the Pan Am Games in Welland.

More Pan Am coverage:
metroSPORTS

YOUR metro DAILY PAN AM MEDAL COUNTER 25 22 17 **MEDALS WON BY CANADA**

Gas tax must rise: Report

REVENUE

Money could help pay down deficit, reduce emissions

Ontario should immediately and substantially raise the gas tax and begin creating more road tolls to pay for transportation infrastructure.

The recommendation from a Trent University road pricing expert is being released Wednesday, just as the Pan Am Games are sparking fresh controversy about regional road congestion.

A report by professor emeritus Harry Kitchen, for the Residential and Civil Construction Alliance of Ontario (RCCAO), argues that Queen's Park should hike the gas tax this year from 14.7 cents to 23 cents a litre.

Coupled with a similar rise in diesel fuel tax, the increase could generate up to $14 billion over seven years for infrastructure spending. The report recommends the initial 8.3-cent jump at the pump be indexed to the rate of inflation each year for the next five to seven years.

The money could go toward the $130 billion the province has earmarked over the coming decade for infrastructure, leaving more general revenues to pay down Ontario's $10.9-billion deficit.

The higher cost of driving would nudge motorists to more efficient cars, reduce the distance they travel and cut greenhouse gas emissions, says the report

The RCCAO "is trying to encourage the government to do the right thing," said executive director Andy Manahan, who was a member of Liberal Premier Kathleen Wynne's 2013 transit panel that recommended higher fuel taxes to raise money for transit.

TORSTAR NEWS SERVICE

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JULY 15

MORE DEALS THAN BLACK FRIDAY

metro NEWS

Your essential daily news

Montreal bans First Nations headdresses at music festivals. **Canada**

Dozens of dirty ducks rescued

ACCIDENT

Over 30 birds cleaned after oil leaks into Mimico Creek

Laurie Beteau was walking past Mimico Creek in Etobicoke around 8 a.m. Tuesday morning when she noticed something unusual — ducks covered in an oily substance, so heavy and sticky that they couldn't even move their wings.

"When we walked by here they came right up to the path," Beteau said. "It was almost like they were asking for help." Beteau went home, crying three times on the way, and called in the spill, then called everyone she could think of to help.

By 11 a.m., Toronto Fire, staff from the Ontario Ministry of Environment, Toronto Animal Services, Toronto Wildlife Centre and volunteers were on scene at the creek near Rathburn and Martin Grove roads.

Mineral oil spilled after a truck accident Monday entered the creek, covering its surface in a thick, reflective sheen and putting dozens of ducks in peril.

Toronto Fire said the source of the oil was a transport truck carrying transformers that flipped on its side on the Highway 427 southbound ramp to Highway 401 Monday evening. The transformers burst and released mineral oil that was not properly cleaned up, Toronto Fire said. Firefighters have set up containment booms at the mouth of Mimico Creek all the way down to Lake Ontario to keep the oil from spreading further.

More than 30 ducks had been rescued by the early afternoon, with some volunteers expecting the number to double by the end of the day.

Unable to fly or swim properly because they're weighed down by the oil, the ducks have taken to hiding in the bushes.

The number of ducks affected is concerning, Toronto Wildlife Centre rescue team leader Andrew Wight said."Believe it or not, we've responded to more oiled wildlife than you'd expect, but a lot of the time it's just a pigeon or raccoon that's jumped into a grease trap. To have something with this many animals being impacted to this degree, that's pretty uncool."

A large portion of the creek still needs to be searched, but Wight remained optimistic about the rescue effort.

"For a bad situation, I think we're having great success so far."

TORSTAR NEWS SERVICE

For a bad situation, I think we're having great success so far.

Andrew Wight

Toronto firefighters and volunteers from the Toronto Wildlife Centre teamed-up to help rescue the ducks from the banks of Mimico Creek. GRAHAM PAINE/METROLAND MEDIA GROUP

TOP PHOTOS: Ducks are cleaned of oil with dish detergent and a toothbrush scrub.
CHRIS SO/TORSTAR NEWS SERVICE

Truck crash on Highway 427/401 Monday that may have leaked into Mimico Creek.
TWITTER/OPP SGT. KERRY SCHMIDT

Oily ducklings try to evade capture by rescue team lead Andrew Wight of the Toronto Wildlife Centre.
CHRIS SO/TORSTAR NEWS SERVICE

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Young drivers losing their cool

COMMUTE

Survey comes with Pan Am Games HOV lanes in effect

Gilbert Ngabo
Metro | Toronto

When it comes to keeping cool on the road, young drivers aren't behaving well, according to a recent study.

With the Pan Am Games and HOV lanes in effect, traffic is on every driver's radar.

A new survey conducted among more than 600 young drivers — mostly students from universities and colleges across Ontario — suggests they're not handling the extra road-related stress very well.

"Statistics are showing us that young drivers are not controlling themselves as they ought to do at the beginning of their driving careers," said Lorie Phair, CEO of Ingenie Canada, an auto insurance provider for Ontario drivers aged 16 to 24.

"It is really unfortunate, but that is mainly why (young drivers) pay very high insurance premiums," she added.

According to Ingenie, new drivers pay anywhere between 20 and 50 per cent more than experienced drivers.

The survey did not examine the behaviour of older drivers, Phair said.

The Road Rage Report, which was published last week, showed that summer is the most infuriating driving season.

Nearly 60 per cent of respondents said they were frustrated by construction-related delays in the summer, while only 18 per cent are bothered by bad weather in the winter.

Overall, nearly 40 per cent of respondents ranked their level of road rage as medium to high.

Half of those surveyed said they honked at other drivers, while 29 per cent flashed their lights and 14 per cent admitted to making abusive hand gestures.

Phair said one of the survey's objectives was to provide feedback on how drivers can "stay cool" on the roads.

Tips include planning the route in advance and heading out early, being considerate and avoiding driving when one is stressed or hungry.

A spokesperson from the Toronto police said they don't keep track of road rage incidents unless they escalate into physical altercations or lead to accidents.

> **Statistics are showing us that young drivers are not controlling themselves.... It is really unfortunate, but that is mainly why they pay very high insurance premiums.** Lorie Phair, CEO of Ingenie Canada

SURVEYED: Stress and anger among drivers aged 16 to 24

- **40%** ranked their level of road rage as medium to high
- **50%** said they honked at other drivers
- **29%** flashed their lights
- **14%** admitted to making abusive hand gestures

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Too good to put down — or return

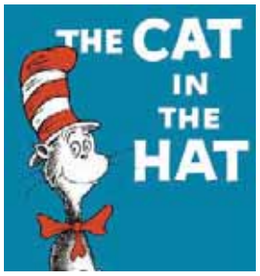
Robert Munsch and Dr. Seuss are two of the more popular authors whose books get borrowed from, but never returned to, the Toronto Public Library (TPL). From 2006 to 2015, just over 100,000 items were logged as missing when the borrower did not return or pay for them, data obtained through a freedom-of-information request shows.

Children's authors top list

Robert Munsch came first in the database, followed by Dr. Seuss and Geronimo Stilton.

"I am happy to see that thieves like my books and will continue to try to serve the needs of the reading underworld," said Munsch, taking the news rather well.

TPL officials pointed to their large inventory of titles penned by the popular authors to explain the results.



Summer programming boosts borrowing

Many of the items borrowed and never returned were signed out during the summer months. Circulation activity peaks in both July and August, partly due to the library's popular summer reading club.

A firm belief in rehabilitation

Library officials say a new program has been created to give young delinquent borrowers a clean slate ... as long as they meet certain criteria.

TPL's Forgiveness Campaign, launched this past May, waives pre-existing fee and fine barriers to children and teens living in Toronto's Neighbourhood Improvement Areas.

TORSTAR NEWS SERVICE

Charlie Davey reads to his mother, Karen, at TPL's Alderwood branch on Friday. Karen held on to her son's borrowed book, "along with a guilty conscience," for over a year. TORSTAR NEWS SERVICE

IN NUMBERS

$2.16 million: approximate worth of the 103,659 items not returned nor paid for.
3,081: number of previously missing items recovered (2006-2015).
294 million: library items circulated during the same time period.
99.84: percentage of all items the library believes end up returned.

MOST TAKEN

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Geronimo Stilton
James Patterson
Stephen King
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FOOD SAFETY

Uncle Tetsu's gets yellow card

Jessica Smith Cross
Metro | Toronto

Toronto's trendiest cheesecake shop has been handed a yellow card for health violations.

The lineups at Uncle Tetsu's Cheesecake on Bay Street continue to stretch out the door, but last week the restaurant was given a conditional pass card for three significant health violations.

Toronto's DineSafe inspection results are available on the Toronto Public Health website.

Brian Thompson, a manager of food safety for the City of Toronto, said an inspector found garbage behind Tetsu's that hadn't been picked up, causing a potential sanitation issue.

The hand-washing sink was also being used for other restaurant processes — which is against the rules — and an ingredient bag was being stored on the floor, Thompson said.

"If left unchecked or not remedied, it could cause contamination," he said. "The reason restaurants get a yellow sign is there is the potential for a health hazard to exist; it does not mean there is a health hazard present."

The next day, the inspector returned, found all of the issues had been taken care of, and issued a green "pass" card, Thompson said.

Yoshika Fujimoto, a spokeswoman for Uncle Tetsu's, said the restaurant only had a conditional pass for one day and everything is all right now.

While the vast majority of restaurants in Toronto pass health inspections, the numbers show it's not uncommon for restaurants to be found with "significant" violations and receive a conditional pass at some point.

One of Uncle Tetsu's cheesecakes. The popular Japanese restaurant on Bay Street was recently issued a yellow sign by DineSafe Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

CHECKS

The last year of Toronto DineSafe inspections:
• 14,277 restaurants were given, and still have, a green "pass" status.
• 59 restaurants currently have a yellow "conditional" status.
• 20 restaurants are currently green but were given a red card and closed down once in the last year for health violations. This is generally due to rodents or insects.

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LESLIEVILLE

Tenant above theatre made quite a scene

Jessica Smith Cross
Metro | Toronto

For the upstairs neighbour, the final straw was hearing the word "f–k" over and over from the theatre below.

The final straw for the theatre was the same neighbour coming downstairs and banging on the door during a performance.

Toronto has its share of conflicts between neighbours, but not all are quite as dramatic as the dispute that spelled the end of the SideMart Theatrical Grocery's tenure in Leslieville.

Andrew Shaver, artistic director of the theatre, came to Toronto from Montreal about a year-and-a-half ago and set up the small theatre in a rented storefront on Queen Street E.

The space was zoned for performances but had most recently been an H&R Block and, before that, a furniture store. So the neighbour, who'd lived in the building for a decade, wasn't accustomed to the noise of performance, he said.

"I was staying well within the hours where I could make noise, but the issue is they have a little kid," he said. "And the soundproofing in the building was, well, there was no soundproofing."

Things got tricky when the neighbours started banging on the floors during performances.

"In one sort of infamous moment that pushed me over the edge, (she) came down and started banging on the front door of the venue during a show," he said.

She had asked him to remove the word "f–k," and he'd refused to censor the play. So she banged on the door, he said.

Shaver said he has closed down the theatre and has plans to look for a new venue at some point.

"Even though I knew I was in the right, I didn't want to fight that battle," he said.

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The former Spadina Hotel at King and Spadina, bottom, is set to become a technology school with a high-tech café, top.
PHOTO ILLUSTRATION BY LIZ BEDDALL/METRO

Old hotel set to be a digital hub

DEVELOPMENT

140-year-old building enters era of high-tech

Chris Bateman
For Metro | Toronto

The 140-year-old former home of Global Village Backpackers at King and Spadina will reopen this fall as a digital innovation hub and ultra high-tech coffee shop.

BrainStation, a technology school, is due to take over the freshly renovated building this summer. There will be classrooms, shared office space and an app-enabled coffee shop on the ground floor.

Instead of waiting in line to order, a smartphone app to be released later this year will let customers of the new Quantum Cafe order their food and coffee ahead of time.

"It's kind of the way I look at a taxi service like Uber. It will be like that for coffee," said BrainStation spokeswoman Jo Vos.

"We're also getting a pour-over coffee machine that was built in Brooklyn by a group of engineers which is app enabled," she said.

But fear not, Luddites: regular coffee-shop service will be available, too. Vos said the café intends to provide good customer service in addition to the high-tech frills.

Global Village Backpackers closed in January 2014. It was located inside a former hotel that opened in 1875 as the Richardson House. Later, the building was home to the Spadina Hotel, which promised "nightly entertainment in the Cabana Room."

The property is currently being renovated by Allied Properties REIT. When it's done, the four-storey building will boast more than 11,000 square feet of office space and a new glass addition to its west side.

"It will be beautiful," Vos said.

> **It will be like (Uber) for coffee.**
> Jo Vos, BrainStation

Silence on injuries in extreme sports

RESORTS

Quadriplegic man, lawyer question lack of reporting

Ian McAdam became a quadriplegic at 13 after breaking his neck at Blue Mountain in 2007. AARON HARRIS/TORSTAR NEWS SERVICE

While Ian McAdam was mountain biking down a trail at Blue Mountain Ski Resort in July 2007, his bike bucked on a dirt jump — sending him over the handlebars. He broke his neck.

At the age of 13, McAdam was suddenly a quadriplegic.

But the resort wasn't required to report the incident to any government body or the public.

Eight years after the crash, McAdam is among those questioning why injuries at extreme sports facilities are typically dealt with behind closed doors and not publicly reported.

"The only time you hear about anything at a facility is if someone has a critical injury or dies, and that's only after the families step forward and say anything about it," said McAdam, now 21.

Last year, Blue Mountain reached an undisclosed financial settlement with McAdam after a $21-million lawsuit alleged the resort failed to have proper safety measures in place to assess and monitor young people using the hill.

The Toronto Star reported last year that the resort had removed certain jumps, implemented new safeguards to assess the skill level of people under the age of 16, and required additional equipment on riders after McAdam's injury.

> **There's no obligation for the enterprise to report the injuries.**
> Injury lawyer Patrick Brown

McAdam's lawyer, Toronto-based critical injury expert Patrick Brown, has raised red flags about the lack of government regulation surrounding extreme sports facilities such as mountain-bike parks, rock-climbing centres and white-water rafting facilities.

"When it comes down to injuries at these places, there's no obligation for the enterprise to report the injuries or provide any stats to the government," Brown said.

During the lawsuit, Brown was able to gain access to data revealing how many children have suffered significant injuries at the resort, but the numbers are secret: since it was through a court order, Brown said he legally can't reveal the information.

"I was absolutely amazed that none of that gets reported to any government agency," he said.

Brown questioned why there is a "big hole" with extreme sports facilities, while the provincial government regulates amusement devices — such as roller coasters, water slides, bungee devices and zip lines — through the Ministry of Government and Consumer Services' Technical Standards and Safety Authority.

"There should be some type of obligation to at least report online the number of injuries or deaths that might happen at that (extreme sport) activity, just so people get an understanding of the degree of risk," Brown said.

McAdam said public reporting of injuries could give people the chance to call out facilities for their injury rates. It could be bad for business, but it's also "public safety," he said. "How many people have to be injured severely before the government does anything?" TORSTAR NEWS SERVICE

NEW YORK

Ontario trio held in New York

Three Ontario women accused of attacking another woman with a champagne bottle and glasses in an upscale Manhattan hotel appeared in criminal court Tuesday where they were charged with felony assault and weapons offences.

The women were arrested early Monday as they were driving from New York into New Jersey, authorities said. They remained in custody after appearing in court Tuesday.

The motive for the alleged attack, which occurred Sunday evening in a room at the W Hotel in Times Square, was not known.

"They were at a party inside the hotel (and) the victim reports that they assaulted her," said Joe Pentangelo with the Port Authority of New York and New Jersey. The victim states that she had not known them, had never seen them, prior to this party."

Authorities said a 35-year-old woman from Stamford, Conn., was taken by ambulance to hospital, where she received three dozen stitches to her face. When she and a friend returned to the hotel, they spotted the three suspects in a Chrysler with Ontario licence plates, they said.

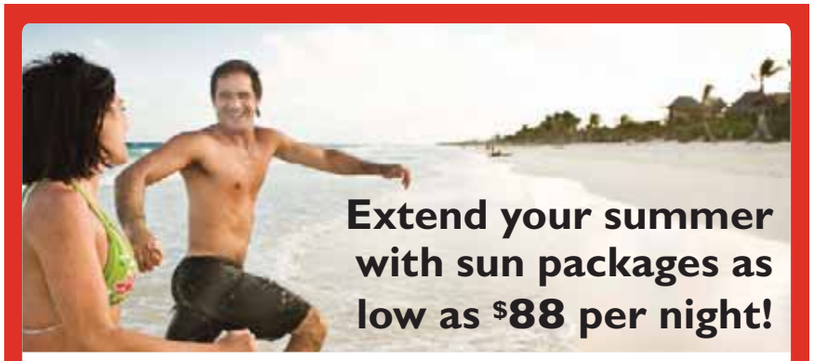
Pentangelo said they followed the car to the Lincoln Tunnel, where they approached an officer in a marked police car to report an assault. The trio were arrested and their vehicle seized.

Police identified the accused as Monique Boakye-Yiadom, 35, of Brampton, Aleesha Williams, 26, of Mississauga and Amy Walker, 30, of Kitchener.

Williams' lawyer, Gregory Gomez, said the women had co-operated with an initial police and hotel investigation and were returning to Canada when they were arrested.

"It's not as if they behaved in such a manner, then got in a getaway car and fled," Gomez said in an interview.

THE CANADIAN PRESS



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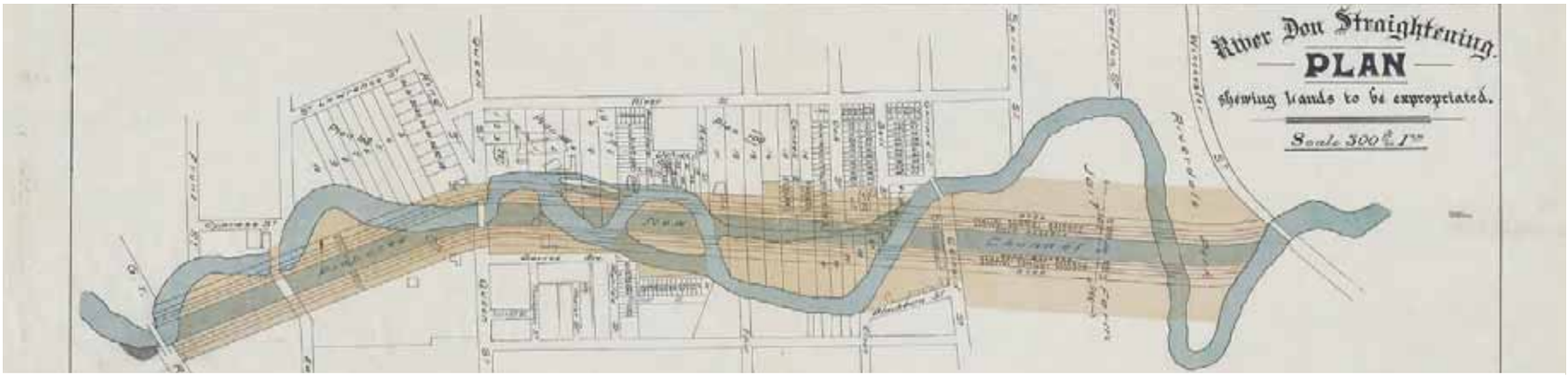
Bringing back the Don River's



This plan from 1888 shows how straightening the Don would alter the river's natural course. The current path of the Don is highlighted in the centre. CITY OF TORONTO ARCHIVES

URBAN PLANNING

Study to look at beautifying blight along the waterfront

Chris Bateman
For Metro | Toronto

The beleaguered Don River got some good news Tuesday.

Mayor John Tory, along with federal Minister of Finance Joe Oliver and provincial Minister of Economic Development Brad Duguid, announced $5 million to study restoring the mouth of the Don River to its former natural glory.

In addition to improving the landscape and creating a new urban island, the restored river will be better able to handle floods, which will in turn unlock new land for development, they said.

> **The river was just horribly polluted after the improvements.**
> Dr. Jennifer Bonnell, on 19th-century project

Fixing the mouth of the Don would also help undo decades of pollution and ill-conceived alterations, say those familiar with the river's history.

South of Riverdale Park, the Don wasn't always ruler-straight. For thousands of years, the waterway gently meandered and curved en route to its natural mouth at the shore of Lake Ontario.

In 1886, however, the city began the massive task of straightening and dredging the river. Altering the Don would prevent flooding, flush out pollutants, and make it navigable for ships, they thought.

Unfortunately, things didn't go to plan, said Dr. Jennifer Bonnell, author of Reclaiming the Don.

"It was a project of half measures," she said. Port Lands property owners refused to allow the straightened river to pass through their property, so a 90-degree turn at the Keating Channel was built.

"The river was just horribly polluted after the improvements," said Bonnell. "Flooding and ice jams continued to happen. The one thing the improvement was successful in creating was new land for industry."

Fast forward to today, and that industry has faded, leaving behind a contaminated brownfield.

Now it's Waterfront Toronto's job to bring some of the old Don back.

"There's a fair amount of soil contamination," said CEO John Campbell. "We have to really do a lot of detailed studies to make

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Festivals ban headdresses

MONTREAL

Prized symbol isn't a fashion accessory, critics argue

Fans and artists attending three summer music festivals in Montreal can no longer wear First Nations headdresses as fashion accessories.

The July 31-to-Aug. 3 Osheaga Arts & Music festival, Heavy Montreal Festival and IleSoniq festival have all banned the headdresses out of respect for First Nations people and culture.

The Osheaga Arts & Music festival announced the ban in a Facebook post, saying: "The First Nations Headdresses have a spiritual and cultural meaning in the native communities, and to respect and honour their people, Osheaga asks fans and artists attending the festival to not use this symbol as a fashion accessory."

The post featured a photo of a blond woman wearing a headdress with a red line and circle on it.

Appropriation of aboriginal symbols is disrespectful, organizers say. THE ASSOCIATED PRESS FILE

The Aug. 7-to-9 Heavy Montreal festival issued a similar ban on its Facebook page, as did the Aug. 14-to-15 IleSoniq music festival.

The move to ban headdresses as fashion accessories has sparked strong social-media support. There was a firestorm of protest on social media after a woman was photographed wearing an indigenous headdress at the Winnipeg Folk Festival earlier this month.

> **Headdresses are sacred, earned and worn for ceremony.**
> Dene Sinclair

"I was taught that headdresses are sacred, earned and worn for ceremony," tweeted First Nations member Dene Sinclair of Winnipeg.

"There's lots of ways you can honour a culture without taking a sacred object of theirs," Sinclair said in a phone interview.

Different symbols have different meanings in different First Nations communities, she said.

If someone's interested in fashion and First Nations, they could buy something from indigenous artists such as Christi Belcourt, the Métis artist who designed the Toronto 2015 Pan Am Games medals, Sinclair said.

The move by the three Quebec festivals comes amid a recent trend of non-natives wearing headdresses as fashion statements, even though in First Nations culture, they are worn by certain people only on special occasions.

In 2014, Pharrell Williams wore a headdress on the cover of Elle magazine, later apologizing: "I respect and honour every kind of race, background and culture. I am genuinely sorry."

Victoria's Secret apologized in 2012 after model Karlie Kloss wore a floor-length headdress, along with leopard-print underwear and high heels.

TORSTAR NEWS SERVICE

IN BRIEF

Province unsurprised by teachers' job action threat

The Ontario Public School Boards Association isn't surprised to see teachers' unions threatening to escalate job actions when classes resume in September, unless new contract agreements are reached.

Contracts for all 115,000 Ontario teachers expired last August, and there are no talks scheduled with their unions, said Michael Barrett, president of the school boards' association which negotiates on behalf of the government.

THE CANADIAN PRESS

Young orca rejoins pod

A Vancouver Aquarium orca researcher says a young killer whale has been reunited with its family two years after it was found alone in a remote cove on the central B.C. coast.

Fisheries and Oceans researchers found the orca, known as Sam, alone in 2013.

The aquarium said researchers spotted Sam with its family on July 2.

THE CANADIAN PRESS

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IRAN

Historic nuke deal cheered

Drivers honked their horns and dozens of Iranians cheered in a main square of the capital Tehran on Tuesday, welcoming their country's landmark nuclear deal with world powers, which they hope will mean an end to isolation and sanctions that have crippled the economy.

The celebrations underscored the hopes that many Iranians have pinned on the drawn-out talks.

That public yearning for economic relief was crucial for winning moderate President Hassan Rouhani the breathing room to negotiate with Iran's nemesis, the United States, over imposing limits on the nuclear program.

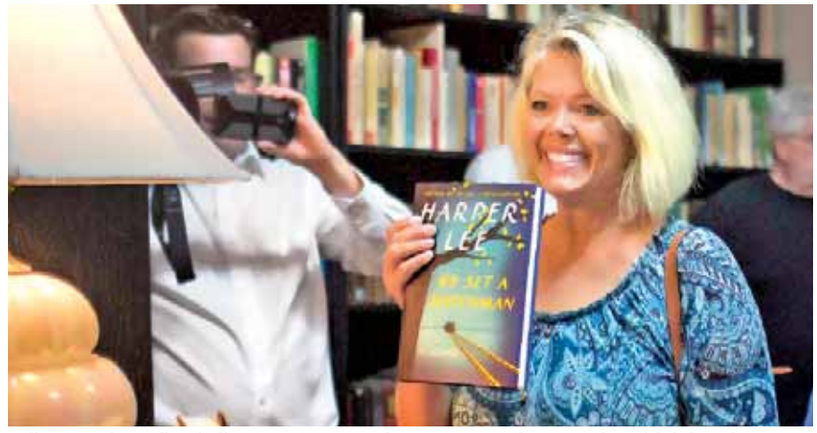
A key question now will be whether powerful hardliners, including the elite Revolutionary Guard, will acquiesce to the accord.

They were largely silent Tuesday, most likely waiting to see the stance of the supreme leader, Ayatollah Ali Khamenei. THE ASSOCIATED PRESS

Mockingbird fans race to get new book

PUBLISHING

Harper Lee's just-released novel depicts Finch as a bigot



Julia Stroud was first in line to get a copy of Go Set A Watchman at the midnight release Tuesday in Harper Lee's hometown of Monroeville, Ala. BRYNN ANDERSON/THE ASSOCIATED PRESS

Shortly after sunrise Tuesday, the doors opened at the Old Courthouse Museum in Monroeville, Ala., and a bell tolled.

In the hometown and residence of Harper Lee, it was time to start a marathon reading of Go Set a Watchman, the book no one thought they would ever see from the author of To Kill a Mockingbird.

Lee fans worldwide stayed up late, woke early or dashed off during meal breaks to pick up a copy of the year's most anticipated novel, Go Set a Watchman, which came out Tuesday after months of the most unusual pre-publication attention in memory.

From the moment publisher HarperCollins announced Watchman in early February, reactions of ecstatic disbelief have been shadowed by concerns about the book's quality, the 89-year-old Lee's involvement in the release and the jarring transformation of Atticus Finch.

"I don't think it's going to damage Harper Lee's legacy," Susan Scullin, a reading teacher in New York City, said of Watchman.

"It might damage Atticus Finch's legacy, and that makes me a little nervous." THE ASSOCIATED PRESS

AUTHOR'S LIFE

Near-normalcy expected for Lee on the big day

Harper Lee, also known as Nelle, was expected to spend the day as she usually does at the 15-person assisted-living facility in Monroeville, Ala. Wayne Flynt, a historian and author, said he met with her Monday and gave her an inch-thick stack of news articles about the release of Watchman.

"She chortled," Flynt said. "She's absolutely delighted. I think she's a bit overwhelmed."

Lee's attorney, Tonja Carter, has said she came upon the Watchman manuscript last year in the author's papers. Watchman was written before Mockingbird but takes place 20 years later in the 1950s.

A grown-up Scout, now living in New York, is visiting her native Maycomb, Ala., after the Supreme Court's recent ruling that school segregation was unconstitutional. Scout is shaken when among those joining the racist mob is her father, Atticus. THE ASSOCIATED PRESS

ECONOMY

Major banks may not follow BoC rate cut

Canada's big banks may resist the urge to pass on to borrowers the full benefit if the Bank of Canada decides to reduce its key interest rate today.

CIBC analyst Robert Sedran suggested a 25-basis-point cut in the central bank's overnight rate could be followed by only a 10-basis-point reduction in the prime rate by the big banks.

"Either way, we would not expect an overnight rate cut to be met with a full reduction in bank prime rates," Sedran wrote in a report Tuesday on the eve of the Bank of Canada announcement that is hotly anticipated amid concerns the economy is in a recession.

If the Bank of Canada cuts interest rates, it will be an effort to jump-start the economy by making it cheaper to borrow money.

But a cut by the central bank won't automatically trigger a similar cut in the 2.85 per cent prime rate at the country's banks.

Moves in the prime rate affect variable-rate mortgages as well as home equity lines of credit.

When the Bank of Canada unexpectedly cut the rate in January by a quarter of a percentage point, the big banks cut their prime rates by 0.15 — but only after a week of hand-wringing about what to do.

The central bank is also expected to cut its outlook for economic growth this year from its April forecast of 1.9 per cent.

When the central bank cut the key rate in January, it explained it was buying "insurance" for the economy in the face of falling oil prices. The damage done by the drop in oil has been more punishing than many expected.

However, economists predict the economy will rebound in the second half of the year, adding clout to arguments that the Bank of Canada should keep rates on hold. THE CANADIAN PRESS

POLL

Canadians won't borrow more if Bank of Canada cuts key rate: CIBC

A new poll suggests policymakers should have little fear of Canadians taking on more debt if the Bank of Canada moves to lower interest rates today.

The poll, issued by the Canadian Imperial Bank of Commerce, found that 93 per cent of respondents said they were unlikely to increase their borrowing if rates drop. THE CANADIAN PRESS

IN BRIEF

Walmart Canada shutters online photo store after possible data breach

Walmart Canada has taken down its online photo-processing store after learning of a possible data breach.

Walmart says customer credit-card data on its photo-centre website — operated by a third-party — was potentially compromised.

The company says it immediately launched an investigation and will be notifying affected customers.

It says it has no reason to believe that transactions on Walmart.ca, Walmart.com or in stores have been affected. THE CANADIAN PRESS

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the big number

$1.5M

is what the Harper government is spending in the run-up to the fall federal election to rerun ads that tout the dangers of marijuana and prescription drug abuse. Health Canada asked the Canadian Medical Association, the College of Family Physicians and the Royal College of Physicians and Surgeons to brand the commercials with their seal of approval. Instead, in a moment of high drama, the doctors' organizations released a joint statement saying the ads turned a public-health matter into a "political football." Originally, the taxpayer-funded video spots ran alongside a Conservative campaign that blasted Liberal Leader Justin Trudeau's pro-legalization stance on pot. Once the writ drops sometime after Labour Day, rules dictate that the ads must be pulled again. THE CANADIAN PRESS

Droughts pose a slow, certain threat to Canada

THE SCIENCE
Stephanie Orford

We finally got the rain we wanted in Vancouver this past weekend. After weeks of drought conditions, the city was thirsty. It's just a taste of the drought effects the whole country has been feeling — an effect of climate change that will likely become the norm across Canada over the next few decades.

Drought is a slow but certain environmental, economic, social and public-health threat that Canadians must take measures to adapt to. Government, the private sector and individuals need to think ahead and be prepared for its many effects.

One of the most immediately scary risks of drought is fire — the reason Vancouverites were praying for rain last weekend. The hundreds of wildfires across the province were making the city's air quality more like that of smoggy Beijing. The province's snow pack, which feeds our fresh-water supply, is about five per cent of normal thanks to an unseasonably dry spring, turning our boreal forests into kindling.

The rest of Canada is feeling the heat, too. Alberta has experienced more than a thousand wildfires since the beginning of 2015, already up from the annual average of 710. Wildfires don't just drive people from their homes and cause environmental damage. The smoke can have serious health effects.

Drought conditions are a health concern even without wildfires in the picture. The lack of rain across Canada will increase fine particulate matter in the air we breathe, including dirt, pollen and air pollution, affecting everyone's health. Those who spend a lot of time outside — bike commuters, homeless people — and those who suffer from asthma or other pulmonary health conditions will be particularly affected. California's four-year drought is already causing health problems due to poor air quality. Canadian cities could see the same issues and need to be ready to act next time an air-quality issue arises — providing citizens with information on how to protect themselves and even handing out face masks when needed.

Canada also needs to be ready to respond to increasing food prices. Drought and wildfires in recent years are threatening to stunt crops across the prairies, affecting rural economies and driving up crop prices. This is exacerbated by falling food production out of other regions impacted by drought, particularly California.

Drought affects fish stocks, too. The reduced Canadian snow pack is depriving B.C. salmon of the waterways they need to spawn.

California's four-year drought is already causing health problems due to poor air quality. Canadian cities could see the same issues.

The provincial and federal governments should be ready to respond, perhaps with financial incentives for farmers who grow crops that are more drought resistant and support for low-income individuals when food prices rise.

We need to change our habits and policies, at the personal and society levels, to adapt to drought and its effects in the coming years. Let's start thinking ahead now.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Here's proof of the government's lack of faith in Muslims

It was a ludicrous idea.

Last week, a senate report on terrorism suggested the government help train and certify Canadian imams.

Imagine the same call aimed at priests or rabbis.

But that was only one of 25 recommendations in a report that seems written by hand-wringing outsiders huddled at the door of the Muslim faith, peering in through a keyhole. If we needed a document to prove our government's lack of ties to, and understanding of, Muslim Canadians, we now have one.

Take, for instance, the Canadian Council of Imams.

The council represents approximately 200 Muslim leaders across this country — a vast majority, as member Imam Shaykh Yusuf Badat told me. The group believes the report is deeply lacking in input from the Muslim community and thus is deeply flawed, he said.

The council is only mentioned once, in a sentence noting that it disagrees with the conclusion that mosques are a source of radicalization. (Perhaps senators missed the news that 38 Canadian imams issued a fatwa against ISIL followers in March, denouncing them as non-Muslim).

Out of 58 witnesses, the committee spoke to just two imams, giving them equal voice to the Canada Revenue Agency.

The report recommends the government work with Muslims to "create an effective counter-narrative" to terrorist ideology. Meanwhile, Muslims have been in the business of discrediting terrorist propaganda since 9/11, Badat said.

But there is a wider tone-deafness toward Canadian Muslims.

"This year was the first time our prime minister held an Iftar (Ramadan feast) event," Badat noted. "He hasn't been to a single Muslim Sunni event, and Sunni Muslims are majority in Canada."

Badat pointed to the niqab ban at citizenship ceremonies, Bill C-51 and the new second-class status of dual citizens.

"All these bills lately, they seem to be fear-mongering against the Muslim community," he said. "God knows best: are they deliberately doing this or are they generally ignorant?"

And yet Badat is not discouraged by anti-Muslim sentiment. He believes most Canadians see the vast difference between Islam and terrorism. But even if that's true, the Senate report could only have been written above a low hum of Islamophobia.

And since fear is born of ignorance, now would be a good time to admit you know next to nothing about Islam. Then ask yourself: who's a better teacher? The government or Muslims themselves?

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Your essential daily news

Whoopi Goldberg backing off her support for Bill Cosby after getting legal advice

Pluto gets its close-up

The tiny, icy dwarf planet is getting major attention thanks to its first visit by a spacecraft, NASA's New Horizons. Yesterday's flyby — with the closest approach being the approximate distance between New York and Mumbai — is expected to open up new ground on the last unexplored planetary territory in our solar system. Here's a rundown on Pluto, a 20th-century discovery about to become the 21st-century darling of astronomers. **THE ASSOCIATED PRESS**

DISCOVERY

Mythological roots

Pluto is the only planet (OK, now former planet) in our solar system discovered by an American. Astronomer Clyde Tombaugh spotted the dot in 1930. The name came from a British schoolgirl, Venetia Burney, then 11, based on the mythological god of the underworld. Tombaugh died in 1997 at age 90. Some of his ashes are on board New Horizons, and his two children, now in their 70s, were at the mission operations centre for Tuesday's celebration.

FIVE MOONS

A mini solar system

Big moon Charon was discovered in 1978, followed by little moons Nix and Hydra in 2005, Kerberos in 2011 and Styx in 2012. The Hubble Space Telescope revealed all four baby moons. Astronomers stuck to underworld undertones when it came to the names. New Horizons will hunt for more moons, but at this point, they would have to be pretty elusive. The Pluto empire, complete with six bodies, at least for now, is like its own mini solar system.

DISTANCE FROM SUN

Forget the shades

Pluto is so far from the sun — between 2.8 billion and 4.6 billion miles — that twilight reigns. At high noon on Pluto, it looks as though it would be dawn or dusk on Earth. It takes 248 years for Pluto to orbit the sun. Thus, it's only made it about one-third of the way around the sun since its discovery in 1930. Every so often, Neptune's orbit exceeds Pluto's, putting Neptune slightly farther out.

STATUS

The once (and future?) planet

Pluto is the only planet to get kicked out of the solar system club. Just seven months after New Horizons rocketed away from Cape Canaveral, Fla. in 2006, the International Astronomical Union declassified Pluto as the ninth planet for technical reasons. Instead, it became a dwarf planet. The decision left the solar system with eight full-fledged planets, with Mercury replacing Pluto as the smallest. New Horizons scientists, as well as NASA's leaders, are hoping the new pictures will restore Pluto's planet status.

SERENDIPITY

Mars legacy

In a cosmic coincidence, the Pluto flyby — the culmination of a journey spanning more than three billion miles and nine and a half years — occurred 50 years after Mariner 4's flyby of Mars that yielded the first close-up pictures of the Red Planet.

FURTHER EXPLORATION

The twilight zone

Pluto is the biggest object in the icy Kuiper Belt, also known as the third zone after the inner rocky planets and outer gaseous giants. The Kuiper Belt is full of comets and other small frosty objects. It's named after the late Dutch-American astronomer Gerard Kuiper, who proposed a bevy of small bodies beyond Neptune back in the 1950s. The New Horizons team hopes to go after a smaller Kuiper Belt object following the Pluto flyby, provided a mission extension is approved.

Steve Gow
For Metro

Ever since it was demoted to "dwarf planet" in 2006, Pluto has been due for a bit of redemption — and now it may finally get some.

Yesterday, NASA's New Horizons space probe was due to arrive at the end of the solar system, intent on grabbing the first-ever up-close images of Pluto, ending 85 years of mysterious speculation about the icy globe. Daily Planet host Dan Riskin was lucky enough to be invited into NASA's mission control in Maryland to witness the incredible feat for Pluto: First Encounter — a one-hour special chronicling the journey and history of the tiny underdog planet. Riskin spoke with Metro recently to explain why everyone should watch the special, which airs tonight on Discovery.

Why scientists are excited

"You've got to realize that while we've been going about our lives, this thing has been headed toward Pluto for nine years (and) the other thing that puts it in context is that when this thing launched, Pluto was still a planet. Pluto famously had that demotion (to) dwarf planet and there are people who wish there were still nine planets and don't like this business with eight planets with weird dwarf planets — and we get into that with the special."

> **The fact that it weighs .2 per cent of what the Earth weighs is crazy. I don't think people realize how small it is.**
> Dan Riskin

Why Riskin is excited

"That's one of the perks of this job — I get to put myself in places where I'm pinching myself. I was (there) when they landed the Curiosity Rover on Mars and that was one of the defining moments of my life.… We're going there to be with NASA as they get those first images, so we're going to see their reactions when they see the face of this planet — you can bet there are going to be tears. This is a lifelong fulfilment for a lot of these people."

Why you should be excited

"What's happening is actually a really important moment in the history of our species. This is the last of the original nine planets and we're finally getting a glimpse of it. In our lifetime, there just aren't going to be many moments like this — where we get our first look at something that we've always known about (but never seen)."

4 PROGRESSIVE CHILDREN'S SHOWS

New shows like Steven Universe feature characters in same-sex relationships, increased bisexual, lesbian visibility and genderqueer narratives.

Asia Ewart
Metro | New York

With the recent U.S. Supreme Court decision overturning the country's remaining same-sex marriage bans, LGBT couples are inching ever closer to the same rights that heterosexual couples enjoy.

In fact, an increased LGBT presence has been on the fast track in what might be the unlikeliest of places: children's television.

Cartoon Network and Nickelodeon, two of the most popular television networks for children's programs since 1992 and 1979, respectively, have taken a progressive route over the last couple of years and increased LGBT visibility in their programming.

We've rounded up four of the most popular cartoons currently at the forefront of LGBT visibility.

2013 – PRESENT

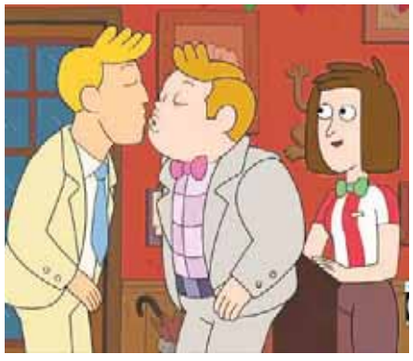
Steven Universe

(Cartoon Network) — Topics addressed: Same-sex couples; same-sex attraction; a genderqueer character; bisexual visibility. This cartoon is about a half-human, half-Gem (alien warrior) boy named Steven, who is raised primarily by three female presenting Gems. Show writer Matt Burnett has made it abundantly clear that two of the female Gems share romantic feelings.

2012 – 2014

The Legend of Korra

(Nickelodeon) — Topics addressed: Same-sex couples; bisexual visibility. This show about a teenage girl able to control various elements ended nearly a year ago, but its finale continues to receive widespread attention. The show ended with a confirmation of a romantic relationship between the titular Korra and her female friend Asami. Both Korra and Asami are also shown to be bisexual, as both had relationships with men during the show.



2014 – PRESENT

Clarence

(Cartoon Network) — Topics addressed: Same-sex couples. As one of Cartoon Network's newest shows, Clarence has been liberal with LGBT representation. Not only does one of the show's main characters have two mothers, but the series at one point almost featured what would have been Cartoon Network's first gay kiss. The episode briefly shows two men meeting for a blind date and was supposed to show the two kissing on the mouth in greeting, but was later altered to have the two kiss on the cheek.

2010 – PRESENT

Adventure Time

(Cartoon Network) — Topics addressed: Same-sex couples; bisexual visibility. Characters Princess Bubblegum and Marceline the Vampire Queen have received noteworthy attention in the show's fandom. While their on-screen chemistry has been of the cute and subtle variety, it was revealed that Bubblegum and Marceline used to date during a 2014 book signing with Olivia Olsen, who voices Marceline. This reveal also shows Marceline to be bisexual, as she dates a man at another point in the show.

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ESPY AWARDS

McHale steps up to plate, defends Jenner

Joel McHale has landed the ultimate gig for a serious sports fan: hosting the ESPY Awards.

The actor won't be shy about taking aim at the athletes he idolizes when he presides over the annual show honouring the year's best sports moments.

And that includes Caitlyn Jenner, who will accept the Arthur Ashe Courage Award.

McHale has perfected skewering pop culture and reality TV as host of The Soup on E! for 11 years. So hosting the ESPYs isn't much of a stretch.

The show airs live tonight on ABC for the first time after 22 years on sister network ESPN.

"Everybody is open to have jokes about them if I'm there," he said recently. While still in the early stages of planning and writing the show, which will be held at the Microsoft Theater, McHale said he had free rein from the network.

"All I care about is if the jokes are funny," he said. "It could be an edgy joke or it could be a family affair."

Jenner's children from three marriages are expected to be on hand, including the Kardashian clan. Her selection to receive the Ashe Award, named for the late tennis player who died in 1993 after contracting AIDS from a blood transfusion, generated strong debate online.

"The reactions have been so extreme to Caitlyn being given this award," McHale said. "You can't deny in the '70s that Bruce Jenner was the biggest, most famous athlete in America next to Muhammad Ali. Sheer athletic accomplishment definitely deserves that award."

THE ASSOCIATED PRESS

Joel McHale will host the 2015 ESPY Awards. AP

Gaffigan's sitcom self-portrait

COMEDY

All is well in TV Land, where Jim gets to just do Jim

On Jim Gaffigan's new comedy series, The Jim Gaffigan Show, the popular standup comic plays a comic named Jim Gaffigan.

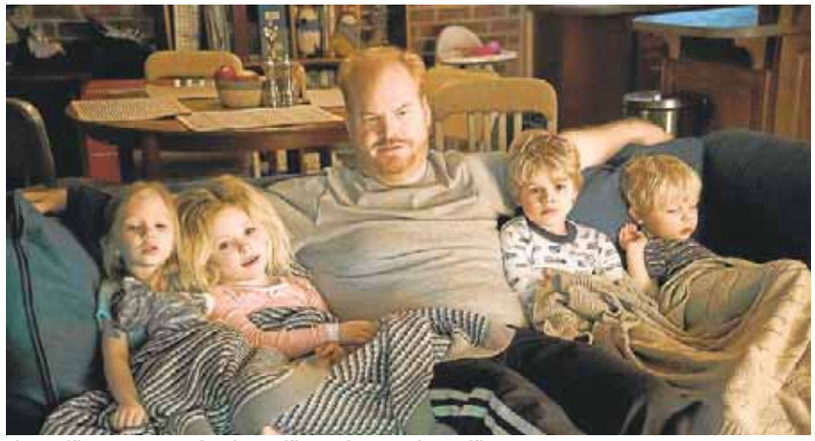
Like the real Jim Gaffigan, he's married to Jeannie, an attractive woman he readily admits is out of his league (played by Ashley Williams). They, plus their five children, are squeezed into a two-bedroom walk-up on Manhattan's Lower East Side.

On the show (which premieres tonight at 10 p.m. EDT on TV Land) Jeannie is cool, capable and kooky, which makes her perfect for Jim, who reigns as a serial bumbler with a food fixation.

All autobiographical? Check, check, check, says Gaffigan.

"I DON'T know what I'm doing! I'm NOT pretending!" he declares, his voice taking flight into his trademark squawk for emphasis.

With his droll summation, Gaffigan has dipped into his standup act, which explores his version of the Freudian Id (which, left to its own devices, he argues, "would have us lying in bed eating bacon all day").



Jim Gaffigan stars on The Jim Gaffigan Show as Jim Gaffigan. HANDOUT

As the co-creators, co-producers and co-writers of their new show, the Gaffigans have made sure it captures their uniquely dizzy world and comic vision.

Things were different 15 years ago with Gaffigan's first series, a CBS comedy named

> **This is not some network formula show! This is reality!**
> Jim Gaffigan

Welcome To New York. Jeannie, whom Jim had started dating a few months earlier, agreed to be his acting coach. But he had minimal input in shaping his character.

"I couldn't even pitch lines," he recalls. "The executive producers would tell me, 'I don't know if your character would say that,' even though I was playing someone named Jim Gaffigan!"

Welcome to New York had a swift demise, but his acting career flourished, with appearances on Ed, That '70s Show and My Boys, but such supporting roles tied him down with little screen time to show for it — and scant creative freedom.

"There's nothing that compares to the control of standup," he says. "Working for an hour-and-a-half a night, you get rather spoiled, especially with a growing family. I could eat dinner with our kids and then go to work."

But network interest in an autobiographical sitcom led Jim and Jeannie to reconsider series TV. It just might work: A self-portrait of their family, steeped in New York's chaos as they scrambled to stay true to their Midwestern values — including their Catholic faith.

"It's an important element in our lives," says Jeannie. And it provides more grist for the comic mill, as in the episode when Jim by chance is photographed clutching a Bible, which he fears will jeopardize his comedy cred.

The project found a home at TV Land, where The Jim Gaffigan Show now becomes part of that network's new, hipper initiative (also evidenced by Impastor, which debuts after Gaffigan's show).

"At TV Land, we could do exactly the show we wanted to do," Jim says. THE ASSOCIATED PRESS

IN BRIEF

Fallon talks fall that almost cost him finger

Jimmy Fallon spent 10 days in a hospital ICU after tripping in his kitchen and injuring a finger so badly it required six hours of microsurgery to save.

"I tripped and fell in our kitchen on a braided rug that my wife loves," he said. "I can't wait to burn it to the ground."

Ten days in the hospital made Fallon a little stir crazy. "I started losing it halfway through," he said. "I started reading books about the meaning of life." THE ASSOCIATED PRESS

Jimmy Fallon GETTY IMAGES

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BLOODY MARY

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LIQUID ASSETS

Peter Rockwell
@therealwineguy

While in Paris last month I made a pilgrimage to Harry's New York Bar. It attracts a lot of tourists thanks to its claim that, since opening in 1911, everyone from Ernest Hemingway to George Gershwin has darkened its swinging saloon doors.

I was after some liquid history. Harry's claims to have invented some of the cocktail world's most famous drinks, including the Side Car and the Bloody Mary.

Served by bartenders wearing ties and white jackets, a Harry's Mary is a true work of art that's worth every penny of its $20 price tag (at least that's what I keep telling myself).

I was curious about what vodka they used. It turned out to be Poland's Wyborowa ($21.99 – $26.40), chosen because of its forward, textured flavour that doesn't get lost amongst the mix.

As for the name, rumours are that it was inspired by either England's Queen Mary I or a waitress who worked at another bar nicknamed the Bucket of Blood.

Perks of fame: Jackman boosts fair trade coffee

DOCUMENTARY

Film follows his journey to Ethiopia and awareness

Richard Crouse
Metro | Life

The new Hugh Jackman movie could have been called Wolverine Goes to Ethiopia.

Instead, the documentary of Jackman's trip to the African country to raise awareness about the benefits of fair trade coffee and ethical consumption is called Dukale's Dream and debuted on iTunes yesterday.

The story began six years ago when Jackman and his wife Deborra-Lee Furness teamed with World Vision as ambassadors. On their first trip to Ethiopia they met a coffee farmer named Dukale, a man who would inspire them personally and professionally.

"When we met Dukale there was definitely a sense that he and Hugh had a great and immediate connection," says the film's director Josh Rothstein.

"There is just something about his personality and Hugh's personality. By default they both lead with smiles and warmth. There is something amazing about watching these two people from such different cultures just having this immediate connection. They both got a kick out of each other."

Hugh Jackman's new film documents the actor's trip to Ethiopia to raise awareness about the benefits of fair trade coffee. His connection with coffee farmer Dukale inspired him to establish Laughing Man, a company that specializes in the sale of fair trade coffee and tea. HANDOUT

The connection made with this Ethiopian farmer deepened Jackman's commitment to using his fame to raise awareness for fair trade coffee. "He's well aware he has that profile and that's part of what we document," says Rothstein, "his sense of a responsibility. Of saying, 'I have this profile, what do I want to do with it?'"

> **"I'd love to be able to look back and say the film really helped to move the needle in the space of making coffee a one hundred per cent sustainable commodity**
> Film director Josh Rothstein

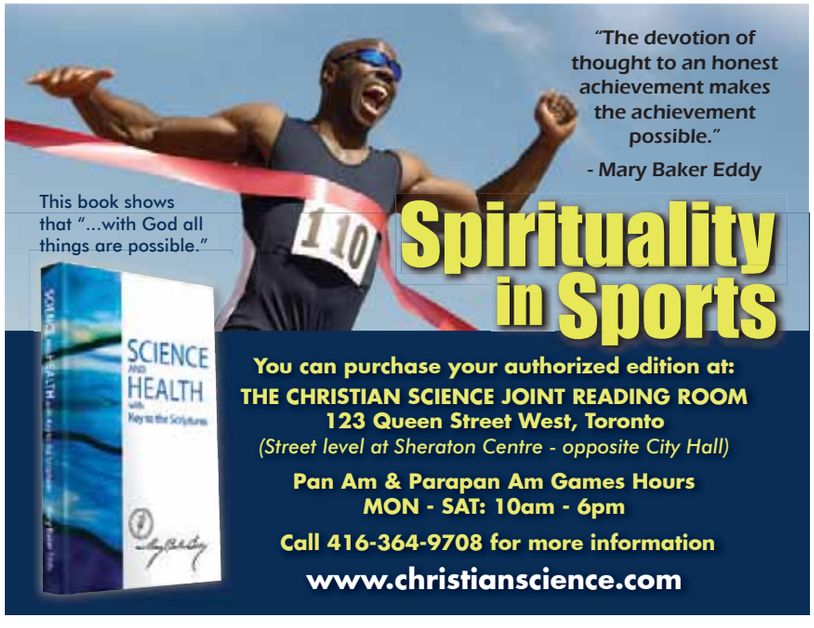
Dukale's Dream is part of the mission but, as the film shows us, Jackman also put his money where his mouth is with the establishment of Laughing Man, a coffee company that only sells fair trade coffee and tea — products farmed using ecologically friendly methods and sold for the benefit of the farmer and consumer, including coffee that comes directly from Dukale's farm.

All Jackman's profits are donated to the Laughing Man Foundation, which supports educational programs, community development and entrepreneurs around the world.

Laughing Man demonstrates how consumers can be directly linked to the coffee chain to create jobs and better lives for people the world over, but Rothstein hopes the film opens eyes as well.

"I'd love to be able to look back and say the film really helped to move the needle in the space of making coffee a one hundred per cent sustainable commodity," he says.

"It has such a profound impact on global poverty and the environment. (We) can impact various industries with (our) purchase choices. That is the larger agenda. I think it is possible and I think there is something contagious about the idea that in our everyday lives we have power."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ENVIRONMENT

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NUTRI-BITES

Theresa Albert
myfriendinfood.com

Home pod brewers have taken over the universe and the landfills. The recent news that K-Cup makers are bringing back the My K-Cup may or may not have anything to do with customers having "passion for" brewing their preferred bagged coffee. It may indeed have to do with the cost and the waste.

We all feel badly about tossing these disks in the trash but is there anything new you can do with the detritus of your addiction to easy caffeine?

- All of the used coffee within pods can be opened and dumped into your green bin.
- Raw grounds can be sprinkled in your garden but only around acid-loving plants like azaleas and blueberry bushes.
- There are compostable K-Cup varieties available.
- Keurig commits to making all pods recyclable by 2020.
- Tassimo brand now has a recycling program that offers pickup programs or drop-off spots across the country.
- Switch back to French Press. It delivers more bang for your financial and nutritional buck. The longer the beans stay in contact with the water, the more flavour and nutrients they transfer.

We are living in a time when a cup of coffee is so much more than a cup of coffee. The taste of it is only the tip of the iceberg. Was it ethically and ecologically grown? Were the farmers fairly paid? How was it shipped and packaged? And what do you do with the waste?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

Cutting-edge branding

Vittorio Colacitti of The Good Son has a small pantry at the entrance of his restaurant. HANDOUT

CULINARY TRENDS

Chefs branch out with storefronts, retail products

Whether it's a couple of shelves lined with jars of tantalizing sauces and preserves or a full-blown store stocked with gourmet goodies and kitchenware, many chefs are getting in on the retail action.

Vittorio Colacitti opened The Good Son restaurant just over a year ago. To complement his eclectic menu featuring bold flavours and seasonal ingredients, the chef has a small pantry at the entrance.

"Essentially I wanted it to seem like a storefront for the restaurant ... and also, my family imports olive oil so that was kind of the driving force for it," said Colacitti, who finished in the top five in the final season of Food Network Canada's culinary contest show Top Chef Canada.

Colacitti uses the oil — made from olives grown at his father's grove in Italy — in his Toronto restaurant. When available, he sells it for $20 for a half-litre.

He also imports and sells premium-grade loose-leaf teas from China, and offers takeout pizza, steak and ribs.

"It's a way of purveying great ingredients and adding to your brand recognition," he says.

"Not everybody wants to come in and sit down and have a meal, but to still have the option to experience great-quality ingredients, I think that that's something special."

Timing was an inadvertent key to the success of Milk Bar, which puts a playful spin on familiar homestyle desserts and savoury snacks.

MasterChef judge and pastry chef Christina Tosi said she was motivated to open the first location in 2008 as a bakery with a fun environment where customers could pop in to grab a treat.

Milk Bar now has six locations in New York and one in Toronto, with another slated to open in Washington, D.C.

"I think that dessert was also just starting to get its own voice and have its own relevancy outside the context of a meal. And I think I was really fortunate with that."

Chef and restaurateur Mark McEwan, head judge on Top Chef Canada, opened the 20,000-square-foot upscale food store McEwan in the outdoor Toronto mall Shops at Don Mills in 2009.

A second one is set to open in the downtown Toronto-Dominion Centre.

"I've always loved food retail, loved food service. We'd go on vacation and I'd be in and out of food stores, just always enjoyed the category," McEwan said in an interview at the recent Terroir Symposium for the hospitality industry.

"I always thought it would be a very nice fit and a natural fit for a chef to own a retail store. It was challenging, one of the hardest things I've ever done ... I didn't just do a little store — I did a big store."

Chef Ted Reader has been in the retail sector since he began working at Loblaw for President's Choice marketing expert Dave Nichol in the early 1990s.

The grilling guru has a line of barbecue sauces and seasoning rubs which he's planning to relaunch next year with new flavours and packaging.

"You've got to strike when the fire's hot. I've had product out for a number of years and I've got a good reputation," Reader said.

THE CANADIAN PRESS

AT A GROCER NEAR YOU

Matty's Seafood brand

Some chefs, like Matt Dean Pettit of Rock Lobster restaurant with three locations in Toronto, have joined forces with large retailers. Sobeys sells his Matty's Seafood brand, with products like lobster chowder, lobster and shrimp bisque and frozen lobster mac and cheese.

The on-and-off saga of the wedding band

Ben Affleck is seen at Comic-Con wearing his wedding band. ALL PHOTOS GETTY IMAGES

JEWELRY

Ben Affleck's left ring finger ambivalent about divorce

IN HOLLYWOOD
Ned Ehrbar

Avid male celebrity jewelry watchers were probably a bit confused by Ben Affleck's wedding ring choices while out and about at Comic-Con.

First he popped up on at the Hall H panel still wearing his ring, despite the fact that a recently announced divorce from Jennifer Garner is in the works.

Then he was seen walking the Convention Center floor sans wedding band, like maybe he belatedly remembered to take it off.

But then at an autograph signing session at the Warner Bros. booth, it was back on again. Well, hopefully this clears things up: Now back in L.A., Affleck has been spotted with a bare left ring finger. We'll update you immediately if the finger's condition changes. (Also, if he was looking to replace it, Comic-Con would've been a great place to pick up a replica One Ring from The Lord of the Rings.)

UPPER WEST SIDE

1 train tells Brandy her thing's been done 'a million times'

Brandy

Current Chicago star Brandy decided to try belting out a tune while riding the 1 train recently, and the results were less than career-affirming.

"What you all thought of that? You thought that was cool," she asks after serenading the strap-hangers, turning to her fellow riders — who don't even make eye contact.

"Nobody heard me singing? Nobody thought that was cool?" Way harsh, Upper West Siders. But at least one rider — when pressed by Brandy directly — had some advice for her, suggesting she wasn't selling herself strongly enough. "You've got talent, you've got to go for it," he offers. "We've seen this a million times, you've got to do something different." NED EHRBAR/METRO

MILA KUNIS & ASHTON KUTCHER

Stars: They're just like our retired parents

While possibly making a bid to be the most down-to-earth celebrity couple, newlyweds Mila Kunis and Ashton Kutcher are currently spending their honeymoon traversing the state of California in an RV.

No, seriously.

So far on their trek they've been spotted in a Whole Foods — naturally — and they also hit Yosemite National Park. Later, they were seen dining at non-Michelin-starred El Maguey Mexican Grill in the not-at-all-swanky city of Lodi — wearing track pants and flannel shirts. Way to blend, guys. They're reportedly heading for Napa Valley next, probably with a stop at a Cracker Barrel along the way. Have you seen the gift shops there? So many cute tchotchkes! NED EHRBAR/METRO

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HOGWARTS SCHOLARSHIP AND SEX-TAPE TROUBLES

Hogwarts is expensive, research suggests

Private schools are pricey, we all know that. But what about fictional private schools that teach your kids how to make the most of their supernatural powers?

The industrious folks at Mic scoured J.K. Rowling's books, the Pottermore online community and some fan wikis to determine that a magical kid's first magical year at Hogwarts School for Witchcraft and Wizardry would run $43,031 US for tuition ($42,000 CDN) plus supplies. I'm going to go out on a limb and say the Weasley kids were really good at earning scholarships. NED EHRBAR/METRO

Plaintiff asks permission to move forward with sex-tape lawsuit against 50 Cent

A woman who won a $5 million judgment against 50 Cent is asking that her invasion-of-privacy case be allowed to go forward despite a bankruptcy filing by the rapper.

The lawyer for Lastonia Leviston filed a motion asking a U.S. Bankruptcy Court in Connecticut for relief from an automatic stay issued as a result of Monday's bankruptcy filing. The motion accuses the rapper, whose real name is Curtis Jackson III, of filing for Chapter 11 protection to evade testifying earlier in the day in the New York civil case, where a jury was to consider punitive damages. That jury ruled Friday that Jackson must pay Leviston after releasing without her permission a sexually explicit video she made with her boyfriend. Jackson's lawyer didn't immediately return a phone call Tuesday seeking comment. THE ASSOCIATED PRESS

Rapper 50 Cent.

metro DRIVE
Your essential daily news
The U.S. will be home to 92 million connected cars by 2019: Research

A fun, refined electric option

ROAD TESTED

REVIEW

Compromised range, trunk mar solid Ford Focus

Mike Goetz
Metro | Canada

The Ford Focus Electric is an ideal electric vehicle (EV) for those who want to ease into the electrical revolution.

It is based on, and looks identical to, the gas-powered Focus five-door hatchback.

Driving feel also leans toward what petroleum users know and love.

The C-platform it shares with all Focus models makes Focus Electric a bit heavier than the Nissan Leaf platform, which was conceived exclusively for EV use. The extra weight meant Ford also had to go with a bigger battery, which added even more weight. Net result: The EV has a credible, though not great, 120-kilometre range.

Also biting into range is a cooling and heating system for the battery, and an air-conditioning system that seems to have a big appetite for electricity.

The motor is hooked up to a single-speed transmission, which makes the super smooth electrical experience even smoother.

The overall effect is a solid and secure-feeling small car, with the quiet refinement and initial acceleration launch of a big V8 or V6-powered sedan. At higher speeds the motor's limitations show up, but around town, it's a winner.

A high level of content furthers the upscale feeling. This thing's got everything: high-end stereo and navigation that responds to voice commands, backup camera, SiriusXM, Wi-Fi, 17-inch aluminum wheels, leather trim, and SmartGauge with EcoGuide instrument cluster.

The latter helps you manage your charging and coaches you to drive in a manner to get the most out of your charge. One of the things it does is display flying butterflies when you're doing well. A bit cute, but anything that's so visually easy to take in actually does work. Otherwise, you need to apply yourself to learn all the charging options, and learn the Ford MyTouch system, which is not state-of-the-art intuitive.

The rear seats are just as accommodating at those found in regular Focus models, but the big battery seriously compromises the cargo area.

My daily commute is not long, but I do have one, and this Focus completed it all week, with some errand running, on one, overnight charge. And it did all its electrical magic with a very "natural" feel that didn't need a lot of emotional adjustment on my part.

THE CHECKLIST | 2015 FORD FOCUS ELECTRIC

THE BASICS

Type. Compact, five-door, FWD, hatchback.
Power. 107 kW (143 horsepower) electric motor fed by 23.0 kWh lithium-ion battery.
Transmission. Single-speed automatic.
Price. Base $32,505 (plus destination).

POINTS

- 135 km/h top speed, with an approximate range of 120 kilometres on a full charge.
- Lower pricing and higher content for 2015; also eligible for provincial EV incentives.
- Very quiet and refined road manners.

MIKE GOETZ/FOR METRO

COOL FEATURES

- Remote and programmable charging to leverage less expensive electricity rate periods.
- Premium Sony sound system, Ford Sync, Ford MyTouch, and voice-activated navigation.
- Seat cushions made of 100 per cent recycled content.

MARKET POSITION

- Targeted at entry-level section of EV market, currently dominated by Nissan Leaf.
- Appealing to first-time EV users desiring "regular" car looks and driving dynamics.
- Optioned and equipped at the high end of the Focus scale.

THE COMPETITION

Nissan Leaf
Base price: $31,998

Kia Soul EV
Base price: $34,995

Mitsubishi i-MiEV
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Drivers should heed signs of drowsiness

DRIVING FORCE

'People just want to get to where they're going ...'

Jil McIntosh
For Metro

All drivers know they shouldn't drink and drive, but not everyone realizes that being sleepy can be just as dangerous.

If you're drowsy behind the wheel, your steering and reaction time can potentially be just as poor as if you're intoxicated.

"You can lose your ability to see signs, to see clearly, or to make effective decisions," says Teresa Di Felice, director of driver training for CAA South Central Ontario. "A lot of things are happening on the road, and you might not respond in a timely manner to road conditions and driving."

A report by Canada's Traffic Injury Research Foundation found that an estimated 26 per cent of all injury or fatal crashes are due to driver fatigue.

Another survey also found that about 60 per cent of Canadian drivers admitted to occasionally driving when they were too tired, while 15 per cent said they had fallen asleep behind the wheel.

Time to pull over

Some of the danger signs include difficulty focusing or keeping your eyes open; excessive yawning or blinking; missing traffic signs or exits, or not remembering the last few kilometres you've driven; having wandering or disconnected thoughts; drifting out of your lane; feeling restless or irritable; tailgating or hitting the brakes for no reason; or having trouble keeping your head up.

"People just want to get to where they're going, and they say they're not going to stop," Di Felice says.

"If you're on a highway and it's a monotonous drive, it can (put you) in the mode of being drowsy because you're not as visually stimulated. And everyone's so busy and there's lack of sleep. If you're falling below that seven to nine hours of recommended sleep for adults, or eight and a half to 10 for teenagers, your mind and body will be tired."

On a long drive, it's recommended that you stop roughly every two hours for a 10-minute break, which you should spend walking around the car and perhaps getting a caffeinated drink or something light to eat, such as a piece of fruit.

If you find you're just too tired and don't have anyone who can take the wheel, find a safe place to pull over and nap in the vehicle for 20 to 40 minutes.

Drowsiness can often be more of a problem when you're closer to home, since the area is familiar and you're not paying as much attention. You're also less likely to consider pulling over for a rest if your destination isn't far away, but if you're tired, resist the temptation to push through, and take a break to stay safe.

AT THE WHEEL

Facts about driving while drowsy

- Some vehicles employ technologies that look for signs of a drowsy driver and will indicate it's time to take a break.
- Overall, drivers tend to be less alert between 2 and 5 a.m., and between 2 and 4 p.m.
- It's not uncommon for police officers to pull over tired drivers because they suspect they're drunk.

JIL MCINTOSH/FOR METRO

Some cars 'watch' for drowsy drivers, such as this Mercedes-Benz. MERCEDES-BENZ

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APPS

Lexus races into VR

A new app, compatible with Google Cardboard and Oculus Rift, promises to get users as close as possible to the real experience of racing a Lexus RF C sportscar around the track.

Captured at the Ascari circuit in Spain, Lexus employed cameras throughout the inside of the car, at specific points around its exterior and around the track, to create the most immersive 360-degree experience possible.

The resulting app, Lexus Virtual Drive, can be installed and used on an iPhone, iPad or Android device but has also been built to make the most of virtual-reality (VR) headsets. Lexus has developed its own branded version of Google Cardboard for the app and it will also work with Oculus Rift and YouTube's latest innovation — 360° YouTube video. AFP

Content packs Kia Optima

USED VEHICLE

Iffy steering response may affect 2011-2014 models

JUSTIN PRITCHARD FOR METRO

A heavily revised version of the popular Kia Optima is hitting the market, moving the recent full generation of the stylish four-door into used-vehicle territory.

Launched in 2011 with standout looks that set it apart, this value-based sedan was set on showing off the Korean brand's styling capabilities.

Potential buyers of a used model should run the navigation, Bluetooth, chilled seats, heated steering wheel, panoramic sunroof, and all steering-wheel mounted controls through their paces several times to confirm proper functionality.

Numerous owners have complained of a difficulty in keeping the Optima centred in their lane at highway speeds. The problem looks to stem from the lazy and loose calibration of the steering system. Some owners have had the dealership reprogram the steering system to be "stiffer" as a fix. Note a bad alignment, typically evidenced by uneven wear across the treads of the tires, could also result in vague steering feel. On a test drive, spend quality time with your Optima candidate at highway speeds to confirm you're OK with the steering feel and response.

Note any sporadic performance, surging or sluggishness from the engine at light, moderate and full throttle, which could be evidence of a bad high pressure fuel pump. Having a technician scan the ECU can reveal problems with this component, so be sure to have it checked out.

Note any clumsiness, hard shifting or hesitation from the automatic transmission. An out-of-spec transmission fluid temperature sensor can cause issues, and the problem is well documented in the owners' community. This issue is electronic, not mechanical in nature — though it should be addressed, likely via Technical Service Bulletin TRANS 043, which specified the installation of a revised sensor.

Other complaints are fairly minor, such as squeaky seats, a remote keyless ignition system that can lose its memory if the battery gets too low, and a push-button ignition switch that fails to start the engine quickly.

JUSTIN PRITCHARD

Features

Optima was available with a plethora of trim grades and packages for a range of needs. Go for a top-line model and you'll get a panoramic sunroof, climate controlled seats, heated steering wheel, premium audio system with multimedia hub, push-button start, xenon lights, navigation, automatic everything and plenty more.

Engines

Most models in the used market will pack a 2.4-litre four-cylinder with 200 horsepower and a six-speed automatic. A six-speed manual was available in basic Optima models. A 2-litre turbo engine was available on Optima SX Turbo models, with 274 horsepower and an automatic transmission. All units were front-wheel drive.

The verdict

Most common issues are well documented and easily diagnosed and repaired, and Kia's lengthy warranty means shoppers should have no problems finding a model with remaining coverage.

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*Representative monthly lease offer based on any new 2016 Maxima SV CVT (U4RG16 AA00), 1.9% lease APR for a 36 month term equals 36 monthly payments of $399 with $4,433 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Prices and payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $18,815. Conditions apply. ^Models shown $42,954 Selling price for a new 2016 Maxima SR (U4TG16 AA00), includes freight and PDE. **Freight and PDE charges ($1,720) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See more at: http://www.nissan.ca/en/cars/maxima/features/#sthash.clCFSI7V.dpuf. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©2015 Nissan Canada Inc. Nissan Financial Services Inc. is a division of Nissan Canada Inc.

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Limited time weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,495 to $1,695 depending on model), EHF tires ($28.45), EHF filters (ranges from $1.00 to $1.55 depending on model), A/C charge ($100 except Civic DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative weekly lease example: 2015 Civic DX Sedan (Model FB2E2FEX) // 2015 CR-V LX 2WD (Model RM3H3FES) // 2015 Accord LX Sedan 6MT (Model CR2E3FE) on a 60 month term with 260 weekly payments at 0.99% // 1.99% // 0.99% lease APR. Weekly payment is $38.96 // $69.90 // $61.95 with $0 down or equivalent trade-in and $1,100 // $400 // $550 total lease incentive included. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $10,130.11 // $18,173.41 // $16,107.41. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. *$1,000 Lease Bonus offer will be deducted from the negotiated price after taxes and can be combined with advertised lease rates and applies to retail customer lease agreements for new 2015 Honda Civic models concluded between July 1st, 2015 and July 31st, 2015 at participating Ontario Honda Dealers. △$2,000 // $2,000 total customer cash incentive is valid on any new 2015 Civic Coupe // 2015 Civic Sedan (except DX Sedan and Hybrid) models when registered and delivered between July 1st and July 31st, 2015. Total incentive is comprised of $500 customer incentive dollars deducted from the negotiated price after taxes; plus $1,500 deducted from the negotiated price before taxes available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program (all advertised lease and finance rates are special rates). ◆$2,000 // $2,000 // $1,500 // $2,500 // $5,000 total customer cash incentive is valid on any new 2015 Accord Coupe // 2015 Accord Sedan (except LX 6MT) // 2015 CR-V (except CR-V LX 2WD) // 2015 Odyssey // 2015 Pilot models when registered and delivered between July 1st and July 31st, 2015. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2014.

TOO BIG TO MISS

TODAY'S ACTION • WEDNESDAY, JULY 15

SPORT

WOMEN'S FOOTBALL (SOCCER)
5:30 p.m. – BRA vs ECU • CRC vs CAN
CIBC Hamilton Pan Am Soccer Stadium

MEN'S & WOMEN'S ROWING
9 a.m. – Medal Rounds
Royal Canadian Henley Rowing Course

MEN'S & WOMEN'S BEACH VOLLEYBALL
9 a.m./2:30 p.m./8 p.m.
Preliminary Rounds
Chevrolet Beach Volleyball Centre

MEN'S & WOMEN'S ARTISTIC GYMNASTICS
1:30 p.m. – Medal Rounds
Toronto Coliseum at CIBC Pan Am Park

MEN'S BASEBALL
12 p.m. – NCA vs USA
3:30 p.m. – PUR vs COL
President's Choice Ajax Pan Am Ballpark

CULTURE

WESLI BAND
CIBC PAN AM PARK | 1 p.m.
FREE

MARIANAS TRENCH
NATHAN PHILLIPS SQUARE | 9:45 p.m.
FREE

IT COMES IN WAVES
ARTSCAPE GIBRALTOR POINT
TORONTO ISLAND | 8 p.m.

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metro SPORTS
Your essential daily news

Halifax gymnast Ellie Black won her third medal of the Pan Am Games, taking bronze in women's vault

Paddlers pad gold-medal tally

PAN AM 2015

Canadian rowers add handful of top finishes

A large contingent of family and friends braved the rain to watch local rower Carling Zeeman dominate the competition.

Zeeman won the women's single sculls race at the Pan American Games on Tuesday, finishing more than seven seconds ahead of her closest competitor.

"It's kind of a special moment for me," she said. "And it really touches me that everyone is coming out to watch. It is a rainy day but it's certainly not dampening any spirits at the finish line. The momentum they have going down there is just, it's unbelievable. I love it. It just adds to the fun of racing."

That win set the stage for another huge day for Canadian rowers at the Royal Henley course in St. Catharines, Ont. Canada won three rowing gold medals to increase its total to seven — five golds and two bronze — with one more day of racing to go.

It was also another multi-medal day for Canada's paddlers competing a few kilometres down the highway at the Welland Flatwater Centre.

Zeeman, from nearby Cambridge, Ont., kicked things off for the rowers, winning the women's sculls in seven minutes 30.86 seconds, easily outdistancing Katherine McFetridge of the United States.

"It was my plan to go out hard and stay out in front," she said.

That victory was followed with a gold medal in the women's lightweight double sculls by Victoria's Liz Fenje and Katherine Sauks of Owen Sound, Ont.

Fenje and Sauks won with a time of 6:57.23. The held off a late charge from the Cubans, who took silver in 7:00.36.

"We actually didn't have the greatest first couple of strokes in our race, but suddenly we just locked into it and felt ourselves pulling away," said Sauks.

Jason McCoombs of Dartmouth, N.S., added a silver in the C-1 200 metres, while Michelle Russell of Fall River, N.S., won silver in the women's K-1 200.

Canada finished the day of racing by winning the men's quad sculls.

Matthew Buie of Duntroon, Ont., Julien Bahain of Sherbrooke, Que., Will Dean of Kelowna, B.C. and Rob Gibson of Kingston, Ont., also led the race and won with a time of 5:42.22 seconds.

"Going out right off the start we wanted to get a solid lead because we knew once we came down here (the midway at Henley Island) it could get pretty rough and it's really hard to come back from behind in this rough water," Buie said.

In Welland, Mark de Jonge of Halifax and Laurence Vincent Lapointe of Trois-Rivieres, Que., led the medal rush with golds.

De Jonge captured gold in the K-1200 metres, and has his sights set on the top of the medal podium at next year's Rio Olympics.

"We were training pretty hard last week and didn't have that taper going into this as much as we would for worlds," de Jonge said. "But you just have to deal with it. The long-term goal is qualifying for the Olympics, and ultimately win a gold medal at the Olympics."

Vincent Lapointe dominated the women's C-1 200 in the event's Pan Am Games debut, roaring to gold by a margin of more than two seconds.

"I was tired at the end, but I said to myself, 'This is the Pan Am (Games), I can't give up," she said. "I gave my all for Canada."

De Jonge and Pierre-Luc Poulin of Lac-Beauport, Que., also earned a bronze in the men's K-2 200 metres, earning a tie with Brazil. THE CANADIAN PRESS

Mark de Jonge of Halifax captured gold in the K-1 200 metres in Welland on Tuesday. AARON LYNETT/THE CANADIAN PRESS

5

Canada's canoeists and kayakers won five medals Tuesday, including two gold, giving the host country 10 overall in sprint events.

"It is a rainy day but it's certainly not dampening any spirits at the finish line.
Carling Zeeman

SWIMMING

Pair of golds for Winnipeg freestyler van Landeghem

Winnipeg's Chantal van Landeghem beat decorated American swimmer Natalie Coughlin on Tuesday to win the gold medal in the women's 100-metre freestyle at the Pan American Games.

Van Landeghem claimed Canada's first swimming medal of the Games in 53.83 seconds to set a new Pan Am record. Coughlin took silver in 54.06 seconds.

Van Landeghem then teamed with Sandrine Mainville of Boucherville, Que., Montreal's Katerine Savard and Toronto's Michelle Williams to win the women's 4x100 relay in a Pan Am record time of 3:36.80.

Chantal van Landeghem
FRANK GUNN/THE CANADIAN PRESS

Canada added another gold when Montreal's Audrey Lacroix won the women's 200-metre butterfly in two minutes 7.68 seconds.

In the men's 100-metre freestyle, Santo Condorelli of Kenora, Ont., won the silver medal in 48.57 seconds.

The men's 4x100 relay team added another silver, while Zack Chetrat of Oakville, Ont., added bronze in the men's 200 butterfly.
THE CANADIAN PRESS

TFC's Caldwell hangs up his cleats

MLS

Former captain takes corporate job with team

Former Toronto FC captain Steven Caldwell, a hard-nosed defender who was a leader on and off the field, retired Tuesday midway through a second straight injury-plagued season.

The 34-year-old Scot had not played since March, sidelined by recurring leg injuries.

Caldwell's teammates and employer paid tribute to their former captain for his professionalism, leadership and counsel.

"A massive role model for us," said young winger Daniel Lovitz.

Said goalkeeper Joe Bendik: "Individually he made a big impact on my life as a person and also as a player ... He's an excellent teammate and an excellent friend."

"A proper man," said general manager Tim Bezbatchenko.

"A true leader," added coach Greg Vanney.

Caldwell is staying in the fold. His new role is that of director of corporate development with Maple Leaf Sports & Entertainment, the parent company of Toronto FC.

New job aside, it was clearly a day Caldwell had hoped not to see for several years.

"Obviously it's very difficult and sad, retiring and stopping playing the game that I love," Caldwell told reporters. "But also I'm very excited about my new role with MLSE ... and proud and privileged to be lucky enough to have played for so many magnificent clubs in some of the best stadiums in the world."

Now he is part of the corporate braintrust, working under chief commercial officer Dave Hopkinson.

"Finally to TFC, I appreciate and love this club more than all the others," Caldwell said in a letter to fans. "The opportunity to stay here and be a part of the success that will come is a privilege."

THE CANADIAN PRESS

VOID TO FILL

In retiring, Caldwell opens up cap space and an international spot for Toronto.

His salary was listed as $364,165 US last season but he likely made more with allocation money reducing the load.

GOLD CUP DO OR DIE FOR CANUCKS Canada's Marcus Haber heads the ball against Francisco Calvo of Costa Rica, during CONCACAF Gold Cup action at BMO Field on Tuesday night. Canada was looking for a victory to advance to the next round of the tournament. Go to metronews.ca for the result. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Klinsmann shakes up scuffling U.S. side

Jurgen Klinsmann spouted optimism after the United States played Panama to a 1-1 draw to wrap up the group stage of the Gold Cup, reasoning that despite a trio of sluggish performances the Americans had still survived unbeaten.

That didn't stop Klinsmann from shaking up his roster less than 24 hours later.

The coach chose to add DaMarcus Beasley, Joe Corona and Alan Gordon for the knockout rounds, which begin with the quarter-finals Saturday in Baltimore. Taking a seat are Greg Garza, Alfredo Morales and Jozy Altidore, who has been hampered by an ailing hamstring.

Teams could make up to six roster changes using their 35-player preliminary list.

Altidore started the first two games in the group stage but was substituted out of both. He was left on the bench against Panama on Monday night.

"We believe that Jozy's just not there yet. Jozy never really got into this tournament and never really picked up the rhythm," Klinsmann said in announcing the changes Tuesday. "He's just simply not in the shape right now to help us."

Jozy Altidore GETTY IMAGES

Klinsmann said he knew that Toronto FC's Altidore might not be match fit when he selected him for the Gold Cup, and that's why Gordon was on standby from the beginning. The Los Angeles Galaxy striker will make his 2015 debut for the national team after playing in the Gold Cup two years ago.

The U.S. finished 2-0-1 atop Group A, though the unblemished run wasn't without stress. The Americans scuffled to a 2-1 victory over Honduras and needed a big play from Clint Dempsey for a 1-0 victory over Haiti. THE ASSOCIATED PRESS

NHL IN BRIEF

Bournival back with Habs

Forward Michael Bournival agreed to a one-year, two-way contract with the Montreal Canadiens on Tuesday.

The 23-year-old Bournival played 29 games with the Canadiens in 2014-15 with three goals and two assists. He was a plus-3 with just four penalty minutes.

Bournival had three goals and six assists in 12 games with the American Hockey League's Hamilton Bulldogs, with a plus-4 defensive rating. THE CANADIAN PRESS

Devils hang on to Gelinas

The New Jersey Devils have re-signed defenceman Eric Gelinas to a two-year, $3.15-million US contract.

Devils general manager Ray Shero announced the signing on Tuesday. The team had maintained its rights to the restricted free agent by making a qualifying offer late last month.

Gelinas led all New Jersey defencemen with six goals, playing in a career-high 61 games last season. He finished tied for third among all NHL rookie defencemen with seven goals and 22 assists in 60 appearances the previous season. THE ASSOCIATED PRESS

Rangers sign up RFA duo

The New York Rangers have signed restricted free agent forwards Emerson Etem and Oscar Lindberg.

General manager Jeff Gorton announced the moves on Tuesday.

The 23-year-old Etem was acquired after the season from Anaheim in a trade for Carl Hagelin and draft picks.

Etem had five goals and five assists in 45 games for the Anaheim. He also had three goals in 12 post-season games. The California native has 15 career goals and 16 assists. THE ASSOCIATED PRESS

TOUR DE FRANCE

Froome lands Stage 10 'hammer blow'

Chris Froome used the first high-mountain stage of this year's Tour de France to take control of the race, powering up a punishing climb in the Pyrenees on Tuesday at a pace none of his rivals could match.

Froome and his Sky teammates killed off the hopes of one contender after another, including 2014 winner Vincenzo Nibali, the first of the big favourites to crack on the final ascent of Stage 10 to the ski station of La Pierre-Saint-Martin.

As Sky led the way, with three support riders strung out in front of Froome to tug him up the gradients, the lead group shrunk to less than a dozen of the hardiest climbers. Alberto Contador, the 2007 and 2009 winner, was the next former champion to wilt as Sky rider Richie Porte generated another burst of speed.

With six kilometres to go, on some of the steepest sections, Froome tore away alone, out of the saddle as he accelerated. The last rider to stay with him, 2013 runner-up Nairo Quintana, couldn't respond and finished third behind Froome and Porte.

"Froome has landed a hammer blow on the Tour," said Nibali, the Astana team leader. "I have no more to give. I'm not even the younger brother of the Nibali from last year."

THE ASSOCIATED PRESS

Chris Froome crosses the finish line on Tuesday between Tarbes and La Pierre-Saint-Martin. GETTY IMAGES

ARMSTRONG'S TWO CENTS

Lance Armstrong took notice of Chris Froome's big day and spoke out on Twitter.

"Getting lots of questions regarding today's first mountain stage..." and "Clearly Froome/Porte/Sky are very strong. Too strong to be clean? Don't ask me, I have no clue," Armstrong wrote.

It was a provocative question from a rider who was wiped from the record books for using PEDs. Critics swiftly noted his past cheating.

"I'm not accusing anyone," Armstrong quickly responded. "In fact, quite the opposite. I'm not interested (nor do I have the credibility) to opine there."

THE ASSOCIATED PRESS

In-form Fowler keen to close gap on top two

BRITISH OPEN

First major win would bring him nearer to McIlroy, Spieth

American Rickie Fowler practises Tuesday ahead of the 144th British Open Championship. STREETER LECKA/GETTY IMAGES

Rickie Fowler is more than just a brand. He showed that a year ago with top-five finishes at all four majors. He shook off the label of underachiever with a dazzling victory at The Players Championship. Then, just last weekend, he ripped up the links to win the Scottish Open.

No wonder Fowler keeps getting thrown into the mix when people discuss the budding rivalry between Jordan Spieth and Rory McIlroy. "We've already got the big two," said no less an authority than Nick Faldo, a six-time major champion. "If you want, put Rickie in there as well."

High praise, indeed.

Yet, there's still a nagging sense that Fowler needs a bit more substance to go with all the hype. Six years after he arrived on the PGA Tour with a head full of unruly hair and a big endorsement deal, he has yet to capture a truly signature win, the sort of triumph that would stamp him as a full-fledged rival to his fellow 20-somethings.

"A good start would be to become a major champion," Fowler said Tuesday, a blunt affirmation of what almost everyone in the British Open interview room was already thinking.

McIlroy, who is about five months younger than the 26-year-old Fowler, already has four major titles and needs only the Masters to complete a career Grand Slam. Spieth, just 21, captured the first two majors this season and arrived at St. Andrews looking to take another step toward becoming the first player to win the modern Grand Slam.

"Jordan has been playing amazing golf, and Rory has been doing that for quite some time," Fowler said. "I do have some work to do. I need to continue winning." Fowler has certainly been a contender in golf's biggest events, though the momentum from his Players' win was tempered when he missed the cut at last month's U.S. Open, his hopes effectively dashed when he opened with an 81 at Chambers Bay.

After a couple of weeks off, he turned his attention to Scotland. In no time at all, he felt as though his game was back to where he wanted it to be. "It was nice to kind of quickly put that (U.S. Open) behind me," Fowler said.

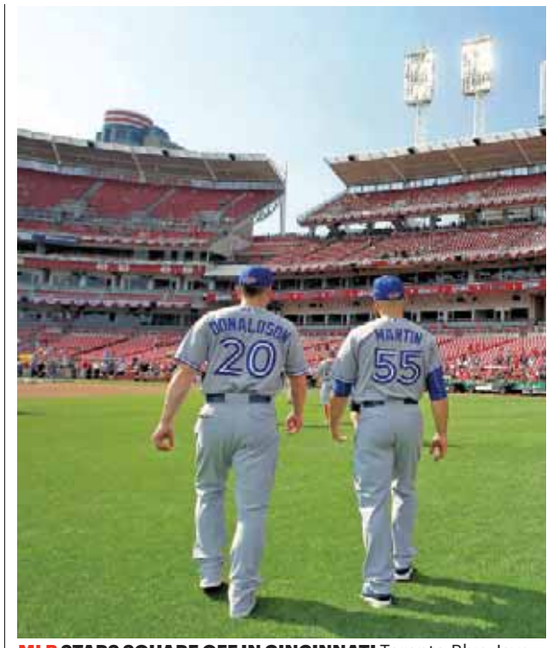
Five years ago, he made his British Open debut at the Old Course. The first day was brutal — a 79 that left him primarily focused on making the cut — but he bounced back with a pair of 67s sandwiched around a 71, leaving him in a tie for 14th place. Ever since, he's been confident of his chances on a links course. He tied for fifth at the 2011 Open, and last year he finished two shots behind McIlroy at Royal Liverpool, claiming the runner-up spot along with Sergio Garcia.

"When I believed that I could really win over here was after my stellar start of 79 my first time out at St. Andrews," Fowler recalled. "Outside of that first round, I really would've had a chance to be in contention."

Aided by coach Butch Harmon, Fowler has largely tailored his preparations around the majors, a philosophy that clearly seems to be working but has yet to pay off with a title. It seems only a matter of time.

He won't have to worry about McIlroy this time. The Northern Irishman was forced to withdraw after injuring his ankle while playing soccer with his friends. THE ASSOCIATED PRESS

> **I do have some work to do. I need to continue winning.**
> Rickie Fowler



MLB STARS SQUARE OFF IN CINCINNATI Toronto Blue Jays American League all-stars Josh Donaldson and Russell Martin leave the field prior to the start of the all-star game on Tuesday night in Cincinnati. Go to metronews.ca for coverage of the Midsummer Classic. JOHN MINCHILLO/THE ASSOCIATED PRESS

IN BRIEF

Reds' fans welcome Rose as he's voted into Franchise 4

Pete Rose came home for the All-Star Game and made a rare on-field appearance in the place where he's still treated like a king.

The hits king was voted one of Cincinnati's Franchise Four players as part of a Major League Baseball promotion. Rose and Hall of Famers Johnny Bench, Barry Larkin and Joe Morgan were introduced on the field at Great American Ball Park before the All-Star Game on Tuesday night.

The 74-year-old Rose was last out of the AL dugout. Fans started chanting "Pete! Pete!" when they saw him reach the top step, wearing a red jacket and tie. THE ASSOCIATED PRESS

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RECIPE Asian Broccoli and Cauliflower Salad with Peanut Dressing

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These two nutrient-packed vegetables go well with this Asian dressing.
Serves 6.

Ready in
Prep time: 15 minutes
Cook time: 5 minutes

Ingredients
- 6 cups broccoli, cut into small florets
- 6 cups cauliflower, cut into small florets
- 1 cup cooked edamame
Peanut Dressing
- 1/4 cup chunky peanut butter
- 4 tsp light soy sauce
- 4 tsp rice vinegar
- 2 tsp honey
- 2 tsp minced ginger
- 1 tsp hot sauce
- 2 Tbsp water
- 1/8th tsp salt
Garnish
- 2 tsp sesame seeds
- 1/3 cup toasted chopped peanuts or cashews

Directions
1. Steam or boil broccoli and cauliflower just until fork tender, about 3-5 minutes. Add edamame during the last minute. Immediately rinse with cold water until no longer warm. Place in serving bowl.

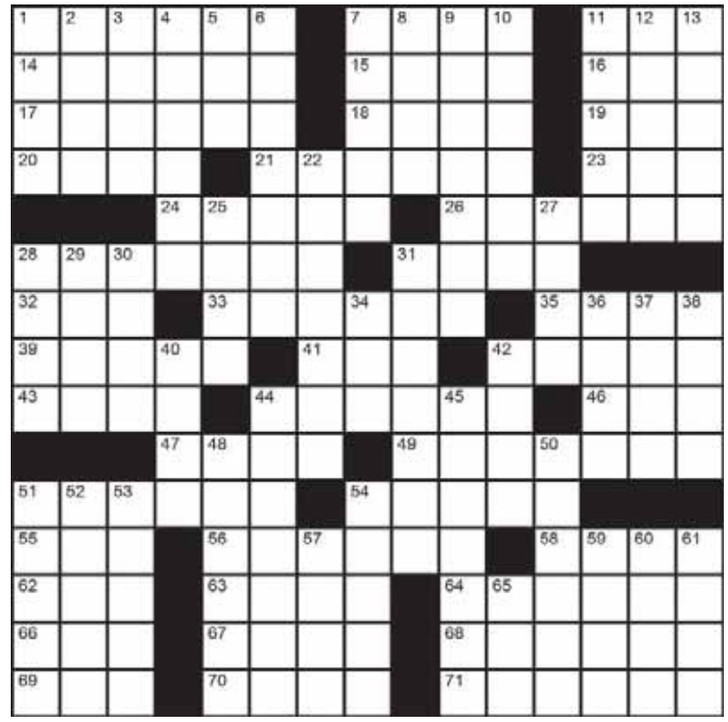
2. In a small food processor, purée peanut butter, soy sauce, vinegar, honey, ginger, hot sauce, water and salt. Pour over vegetables. Garnish with sesame seeds and nuts.

Nutrition per serving
- Calories 210
- Protein 13 g
- Carbohydrates 18 g
- Fat 11 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 240 mg
- Fibre 6 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ancient Egypt's divine beetle
7. One of a breath mint brand
11. Cheer!
14. Awaken after fainting: 2 wds.
15. On the briny
16. Exotic pet in a Barenaked Ladies tune
17. Wobbly
18. RCN, Royal Canadian _
19. _ knee (Injured leg joint)
20. Food fare featurer
21. Real
23. G7 summit attendee
24. The blahs
26. _ lava
28. Flip, as a boat
31. Nimble
32. UK award since 1917
33. Desert plant
35. Mr. Gosling
39. Curriculum _ (Work bio)
41. Mo. after July
42. 'Pet' annoyance
43. Campbell's soup flavour 'Vegetable beef with barley' ...in French: Legumes au boeuf _ _ _'orge
44. 1588 Spanish fleet
46. Ventilate
47. Fasten/secure
49. Canadian celebrity chef who has his own self-titled magazine
51. Had the opposite of a nightmare
54. Prying tool
55. Long period
56. Next to
58. Toy construction set brand
62. American flight watchdog org.
63. Division
64. One-_ (Minutes-in-duration short film from the olden days)
66. Tolkien creature
67. Civil or Electrical, e.g.
68. Family-owned New Brunswick chocolatier since 1873
69. The bar on "Cheers", _. 1895
70. Reasonable
71. US Supreme Court Justice Ms. Kagan, and namesakes

DOWN
1. Bathroom cleanser's target
2. Scoop holder
3. Prayer ender
4. Variety shows
5. Supped
6. Western series that starred Canadian actor Lorne Greene as Ben Cartwright
7. "Over the Rainbow" ending: "If happy little bluebirds fly / Beyond the rainbow why, oh, why _ _?"
8. Old Testament twin
9. Overhauls
10. Mr. Lautner of 'Twilight' flicks
11. Counter in a debate
12. Provide cheer
13. Earth man
22. Teleprompter-on-paper: 2 wds.
25. Gracious
27. Ancient harp
28. Peggys _, NS
29. Somewhat: 2 wds.
30. Anti-fur gr.
31. Sweetened
34. Rum _ Tugger (Cats character)
36. Birthdate info
37. Keen
38. Roman emperor
40. Actress Jessica
42. Tempo
44. Beetle's sensory organ
45. Branch off
48. Permeates
50. Ms. Dickinson of "Dragons' Den" fame
51. Robinson Crusoe author Daniel
52. Bellows
53. Legislate
54. Milk carton size
57. Do it on the dotted line
59. PayPal co-founder Mr. Musk
60. Ms. Rowlands of "The Notebook" (2004)
61. Associations [abbr.]
65. 'Arbor' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your feelings for a certain individual will come to the fore over the next 24 hours and it could cause problems. Someone will be intensely jealous that you have a new friend.

Taurus April 21 - May 21
Be wary of people who say they have only your interests at heart. With both Mars and Mercury at odds with Pluto today you cannot afford to take chances.

Gemini May 22 - June 21
You are in an adventurous mood and have no intention of sitting around in the same old places, with the same old people and doing the same old things. You crave excitement and you are sure to get it before the end of the week.

Cancer June 22 - July 23
You can, if you wish, force your views and opinions on other people today but it's unlikely to do you much good in the long term. The moment you let down your guard, they will go back to believing what they have always believed.

Leo July 24 - Aug. 23
You seem to be in a negative frame of mind at the moment but you really should cheer up a bit. You have so much going for you and so much to look forward to. If you can't see that now, don't worry — you will soon.

Virgo Aug. 24 - Sept. 23
You know that if you take a certain course of action you will regret it in the long term, so cast the idea from your mind.

Libra Sept. 24 - Oct. 23
You are in one of your brutally honest moods and anyone of a sensitive disposition had best stay out of your way. Be careful who you criticize though. Some people have the power to make life difficult for you.

Scorpio Oct. 24 - Nov. 22
Yes, you are in the right. Yes, the facts are all on your side. But that does not matter. The only thing that counts today is who has the most power and, sadly, it isn't you. Don't pick fights you cannot possibly win.

Sagittarius Nov. 23 - Dec. 21
Someone you thought you could trust is actually conspiring against you. Fortunately, someone who is a real friend will warn you, but will you believe them?

Capricorn Dec. 22 - Jan. 20
The planets warn that others may play on your fears. The Sun in your opposite sign may give your rivals the upper hand but you are under no obligation to make things easy for them.

Aquarius Jan. 21 - Feb. 19
You may be tempted to crawl back into your shell and pretend that the world outside does not exist but you won't do it. You are smart enough to know that ignoring your problems will only make them worse.

Pisces Feb. 20 - March 20
If there is anything of a detailed nature that you have to do you should postpone it for another day. The planets warn you will be easily distracted over the next 24 hours.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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